

THURSDAY, JANUARY 20, 2022

Courant Community

LOCAL NEWS

East Hartford grinds out a win



East Hartford's Shailyn Pinkney puts up a 3-pointer over E.O. Smith's Jenna Boardman. Story, more photos, page 6. **JESSICA HILL/SPECIAL TO THE COURANT**

LOCAL NEWS



Glastonbury's Dan Cantafi flips the ball out to one of his teammates. **STEVE SMITH/COURANT COMMUNITY**

Farmington basketball outlasts Glastonbury

The teams were in a battle until Farmington had a strong fourth quarter to finish it off. **Pages 8-9**

LOCAL NEWS

Local eateries named fan favorites

In the early days of January, we polled our readers on their favorite neighborhood haunts. **Page 3**

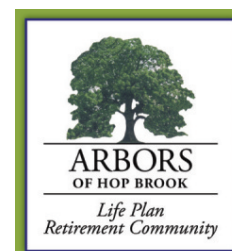
LOCAL NEWS

Glastonbury Board of Education trims budget

The board poured through all of the budget line items, making cuts totaling approximately \$600,000. **Page 5**

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Stafford High School releases honor roll students

VERNON — STAFFORD — Stafford High School released its first quarter 2021-22 honor roll list. To see the names of students who earned recognition, please visit courant.com/community/stafford.

Max Cares Foundation's holiday fundraiser exceeds \$50,000

AREA — Max Cares Foundation, Inc. recently made food donations totaling over \$50,000 to feed thousands of people experiencing homelessness and food insecurity via fifteen shelters and soup kitchens in the Greater Hartford and Springfield, Mass. regions. The foundation's 5th annual Roasts for the Holidays fundraiser received donations in the amount of \$26,000, which was subsequently matched with a gift of \$25K from the Max Cares Foundation.

Over the month of December, diners at Max Restaurant Group locations in Greater Hartford and Springfield were given the option to add a gift to the Roasts for the Holidays fundraiser to their meal check. In addition, donors could make tax-deductible contributions via the non-profit's website, maxcaresfoundation.org. The total funds raised were matched by the foundation for a total food donation of \$51,000, \$11K more than in previous years.

For 2021, Max Cares Foundation also set a goal of expanding the number of beneficiaries to serve more soup kitchens and shelters. This effort was also a success allowing the non-profit to extend food donations to organizations in Hartford, Springfield, New Britain, Bristol, and Enfield.

"With the extraordinary stress that the pandemic has put on our communities, we knew that \$25,000 was a high goal," said Richard Rosenthal, President of the Max Cares Foundation. "Our patrons and supporters have come through once again to ensure that thousands of people in our region could enjoy holiday meals that warm and nourish both body and soul."

Rebecca Connor, Events Coordinator and Development Assistant for Springfield Rescue Mission, said that "Thanks to Max Cares Foundation's donation, we were able to serve about 940 meals this Christmas season. Thank you for your donation and your support."

Roasts for the Holidays provides a

"Max-quality" holiday dinner to those experiencing homelessness and food insecurity in the regions where Max Restaurants are located. Non-profits who received donations of food in 2021 include House of Bread in Hartford, Springfield Rescue Mission, Loaves and Fishes in Hartford, Open Hearth in Hartford, Open Pantry Community Services/Loaves and Fishes Kitchen in Springfield, YWCA of Hartford, Mercy House and Shelter — St. Elizabeth House/Friendship Center, Interval House in Hartford, Hands on Hartford, CSO/Friends of the Homeless in Springfield, Community Renewal Team's McKinney Shelter Hartford and East Hartford locations, Salvation Army of Bristol, The Friendship Center in New Britain, Loaves and Fishes in Enfield and Lorraine's Soup Kitchen and Pantry in Chicopee, Mass.

Donors' gift brings veterans' OASIS to life at Goodwin

EAST HARTFORD — With an average student population age of 30, varying slightly by semester, Goodwin University has long demonstrated its commitment to serving non-traditional learners who may have postponed a college degree to fulfill family commitments, pursued career choices that ultimately proved unfulfilling, or followed other paths of personal growth and expression before facing the rigors of academics. Unique among these "undiscovered learners," as Goodwin president Mark Scheinberg refers to them, are student veterans.

While earning their degrees or certifications, student veterans walk a fine line unlike anything experienced by their younger classmates. On one hand, they may want to sample a traditional higher ed experience, complete with social interactions, clubs and activities, perhaps even athletics. On the other, these women and men have life experiences to their credit that their fellow students can only imagine, from the structures of military life to life-and-death situations that left them changed forever. How to find a place to fit in on a college campus where your needs may not be recognized, let alone understood and respected? It is common for veterans not to self-identify or even know who the other veterans are on campus.

Meet the OASIS (Operation Academic Support for Incoming Service) concept, a campus center where student veterans can study, relax, and socialize with fellow service members, both former and active. Originally

conceived by a group of women's clubs that funded and created these spaces, the centers have taken hold at colleges and universities throughout the state.

It has been a long-desired goal to establish a Veterans OASIS at Goodwin. The University has been recognized in the past for its service to veterans, most recently earning Gold Level status as a Military Friendly School and a Military Friendly Spouse School for 2021-2022.

"Prior to my arrival in 2017, a Veterans OASIS had already been identified as a critical need by the Goodwin student veteran community," said Veterans Coordinator Craig Jordan. "In preparation for when the time was right, I have worked with our student veterans on possible room layouts, amenities, computer needs, signage, and military displays."

Still funding for creating the actual space remained elusive. Now, thanks to a generous leadership gift from Ellen and Ethan Foxman, the Veterans OASIS at Goodwin University has become a reality. On Thursday, Nov. 10, the University cut the ribbon to officially open the facility. The guests, comprising students, faculty, staff, trustees, and several military representatives, celebrated the University's latest milestone and acknowledged the generosity that made it all possible.

The Foxmans see their gift as actually having a dual purpose. "Over time, I've seen the need for a Veterans OASIS become more and more critical," said Dr. Foxman, a longtime trustee of the University and president of the Goodwin Foundation board. "Ellen and I are honored to play a part in moving it off of the drawing board and making it a real space that serves our veteran community."

And while not formally bearing the names of the Foxmans' fathers, the Veterans OASIS honors the memories of David Foxman and Robert Flescher, who both served in the military. "Knowing that our families' legacies of service will stand as a permanent part of Goodwin University makes this even more meaningful," Dr. Foxman said.

The new center is located on Riverside Drive in East Hartford, directly across from the Student Affairs suite in the University's main academic building. "Our student veterans and our general student body have needs that both overlap and diverge," said Vice President for Student Affairs, Tyrone Black. "Locating the Veterans OASIS next to, but separate from, Student Affairs speaks to the holistic way we are trying to support our veterans. They can use that space as befits their status as veterans, but then come right across the hall for more

general support services."

Veterans agree that the new addition to Goodwin's resources will help address their need for an academic space as well as for a place of community. "I am thankful for the Veteran OASIS," said current ABSN student Sam Ferrucci. "It's a home for student veterans to network and support each other. It's also a place for us to reflect on where we have been and where we are heading."

"Sometimes you come across a project that is simply an honor to work on," said Hannah Granfield, Director of Foundation Relations at Goodwin. "Thanks to the Foxmans, so many of us at the University have now had that experience. Their gift has enabled us to create something that is greater than our individual roles, and that will serve an important part of our community for years to come. This really is the day a dream came true for us."

Blanket drive, pajama storytime taking place at library

BOLTON — Bentley Memorial Library, 206 Bolton Center Road, is collecting new, handmade, crochet, knit and tie blankets and quilts to keep neighbors-in-need warm this winter. The creations will be donated to Holy Family Home Shelter in Willimantic and Cornerstone Shelter in Vernon/Rockville. Want to learn how to make a tie blanket? Visit <https://www.youtube.com/watch?v=Afx6JAOMYiA> for a tutorial.

Seven blankets have been donated this year already and the shelters are incredibly grateful. Last year 130 blankets were donated and the library hopes to surpass that number this year. Call the library at 860-646-7349 for more details. The collection ends on Monday, Jan. 31.

Pajama storytime on Zoom will take place at 6:30 p.m. Wednesday, Jan. 26. After the stories, stay for a demonstration of a craft activity. Free craft kits are available for pick up at the library. This program is ideal for children under age 10, but all are welcome.

Manchester Library offering programs on winter craft, herbs

MANCHESTER — The Manchester Public Library, 586 Main St., is hosting the following events. Call 860-645-0821 or visit [http://](http://Turn to Community News, Page 4)

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The 11 best neighborhood restaurants in the Hartford area

By Susan Dunne
Hartford Courant

In the early days of January, we polled our readers: What are your favorite neighborhood haunts, the mom and pops, your go-to places for affordable, delicious family meals?

We're not talking about the high-priced restaurants that get all the attention. We're talking about the small places that may not have a website, but they don't need one, because they are the center of the community on a day-to-day basis.

We got hundreds of nominations. More than half of the top vote-getters are breakfast-and-lunch only, which just proves that one great coffee shop can tie a whole town together.

The winner, with the most nominations by far, is **At the Dam** in East Windsor. This diner's unpretentious exterior gives no clue to the love this small breakfast-lunch place has in the community. Nominators commented on the friendliness of the staff, the perfection of the hash and the tasty soup specials.

One nominator raved, "This hidden gem in Broad Brook is operated by a foodie who knows how to make both comfort food and gastronomic delights with equal flair. ... The only drawback for me is that I don't live closer but maybe that's a good thing!"

Another nominator wrote "Food is outstanding and the staff are friendly and inviting! I feel like family when I'm there. The environment has a community feel and they definitely live up to their slogan 'where friends meet.' This is my go-to breakfast spot!"

At the Dam, at 100 Main St., serves breakfast and lunch favorites — omelets, pancakes, sandwiches, burgers — and posts daily specials on Facebook.

On patriotic holidays, a favorite special is the red, white and blue pancakes, topped with strawberries, blueberries and whipped cream. Other fun specials are the peanut butter and jelly French toast stack, s'mores pancakes and taco omelet. They can be found on Facebook.

Here are the other 10 top vote-getters.

Ana's Kitchen

Ana's Kitchen was at 712 Hopmeadow St. in Simsbury for three years and reopened last summer at 244 Farms Village Road, which is closer to the farms where owner Ana Oliviera got her ingredients.

Ana's fans followed her to the new location and noticed the farm-to-table freshness. "Their food is homemade, and so fresh you can taste the difference. My family loves it, we go every weekend. They have the kindest staff," one nominator wrote.

Popular menu items are the Sunshine Salad with avocado, chickpeas, feta and sunflower and pumpkin seeds; a chipotle

chicken sandwich with bacon and avocado; scrambled eggs with lox; a farmer's omelet with potatoes, cheddar, chives and tomato; and a Croque Madame, with cheese and ham on sourdough, Bechamel sauce and fried eggs on top.

Mo's Midtown

Mo's Midtown, a beloved anchor in Hartford for decades, continues to bring the love to its 25 Whitney St. location in the West End.

"Mo's is the quintessential breakfast and lunch spot in the west end of Hartford. Stanley, a Polish immigrant, is a loveable yet grumpy owner, making generous portions of affordable, delicious food to a wide array of diverse characters. He might even teach you a little Polish. And Spanish," a longtime fan wrote.

At Mo's, everything is a little bit Mo. Egg dishes include Papa Mo, Mama Mo, Baby Mo and Egg McMo. They also have omelets, pancakes, burgers and sandwiches and specials. One nominator wrote "Try their potato pancakes or their potato pancakes smothered in mushroom gravy."

Ken's Corner

Ken's Corner Breakfast & Lunch, at 30 Hebron Ave. in Glastonbury, is the "quintessential neighborhood breakfast and lunch place. Family-run, with super friendly owners and waitstaff, personal touches galore, homemade delicious and fresh, high quality food prepared with care and flair. Great neighbor vibe."

One nominator said that about the beloved breakfast-and-lunch spot, which has been a landmark in Glastonbury for about 34 years. Owner Ken D'Attilio prides himself on the freshness of his food, getting it from farmers in town.

Ken's offers an extensive menu of breakfast classics including its "Big Eater" menu items, soups, salads, hot and cold sandwiches and burgers. Daily specials are offered, like various muffin and bagel flavors and loaded omelets, lobster sandwiches and pumpkin everything.

Monte Alban

Monte Alban, at 531 Farmington Ave. in Hartford, "provides an oasis in which to relax, enjoy a meal, and escape from the business of Farmington Avenue," one fan commented online.

Another raved, "The chicken enchiladas verdes platter is so delicious. The corn cakes melt in your mouth and the black beans are perfect seasoned."

The bright-yellow Mexican restaurant has been a fixture in the West End for 20 years. It was founded by brothers Alfonso and Wenceslao Martinez, natives

of Oaxaca. Their menu features authentic Mexican flavors in familiar dishes like quesadillas, tostadas, tamales and ceviche and lesser-known bites such as shrimp, crab and octopus in cocktail sauce; pork chops in green pumpkin seed sauce; red snapper with salad and rice; and tilapia with chipotle sauce.

Aurora's

Aurora's Bakery Restaurant, at 299 Capitol Ave. in Hartford, has "a warm atmosphere that's like a neighborhood oasis." That's what one of the nominators said about the restaurant owned by Guatemala-born Karen Valenzuela, Ericka Valenzuela and Gabi and Joshua Orellana.

The tiny restaurant opened a year into the pandemic, and it was immediately embraced by the community in the Frog Hollow neighborhood.

Menu items include sebas nachos, tostada aguacate, tacos dorados, platanos crema queso, estrellados, and other Guatemalan, Mexican, Salvadoran and American meals, as well as breads and pastries.

It also has a huge variety of fresh squeezed juices — melon, pineapple, papaya, hibiscus, pina colada, green apple, celery, cucumber — and smoothies. On Three Kings Day, Jan. 6, they made traditional Kings rosettes.

Glastonbury Coffee Shop

Glastonbury Coffee Shop, at 30 Welles St., is a perfect community hangout. "This has been my family's go-to breakfast place for the past 24 years. The food is excellent and the service is consistently outstanding. It's a small breakfast and lunch restaurant that's been around since 1978 and not much has changed since then. No reservations and no tablecloths!," one nominator said.

Another nominator raved about one of America's favorite foods: "Their bacon is out of this world! It is so thinly sliced! Anything with bacon cannot be beat!"

TJ's Burritos

TJ's Burritos at 3 Turkey Hills Road in East Granby is a newcomer — it opened in February 2021. But it caught on fast with locals, who love the idea of getting a burrito for breakfast, or maybe chicken wings, a burger, or just a muffin or scone.

Co-owner Jeremy Jackson was a minority owner and manager at V's Trattoria in Hartford. Another co-owner, Stefan Drago, worked at the Society Room, both in Hartford. The pandemic killed their jobs and they decided to go to the burbs and open a Mexican place. The third co-owner, Tricia Martin, wanted a bakery and coffee shop. They got both.

TJ's serves breakfast — breakfast sandwiches and burritos, s'mores toast, avocado

toast, biscotti, muffins, scones, croissants — and Mexican food, burgers, wings and sandwiches. After breakfast is over, Mexican, burgers and tacos are served.

On the online nomination form, fans raved. "Local gem! Local owners run small business and food and vibe is the best! Best coffee around!"

Sally and Bob's

Sally and Bob's, at 10 N. Main St. in West Hartford, is a neighborhood institution. It was opened in 1969 by Sally and Bob Dworetsky. In 1983, they retired, and their daughter and son-in-law, Rhonda and Ronnie Zieky, took over. In 2016, those two retired and handed the diner over to Helen Brower and Cesar Contreras, who run Sally and Bob's to this day.

The neighborhood has stayed loyal from one owner to the other. "Great food, huge servings, everything so fresh and fast. Love to watch them cook. They know so many customers by name. Fun and delicious," a nominator said.

The diner serves breakfast classics, soups of the day, salads, club sandwiches, deli sandwiches, melts, grilled cheese and burgers.

Harvest Café

At 1390 Hopmeadow St. in Simsbury is Harvest Café & Bakery, which one nominator called "the Peach Pit of the Farmington Valley." Another raved "We were delighted to discover it and shocked when we meet others that haven't."

Situated near the Simsbury-Granby border so fans from both towns can call it their own, Harvest has an impressive collection of Eggs Benedict dishes, quiches of the day and other breakfast classics.

Lunch, which is served after 11 a.m., includes specialty sandwiches — chicken salad croissant, ham and brie melt, gorgonzola portobello — as well as reubens, grilled cheese, deli classics, burgers, soups and a tempting variety of salads.

Roux Cajun Eatery

Steph Civitillo, a native of the "Jambalaya Capitol of the World," Gonzales, Louisiana, moved to Simsbury and brought her grandma's recipes with her. Roux Cajun Eatery, at 10 Wilcox St., is her homage to her home.

Roux serves gumbo, crawfish etouffee, Gulf shrimp with grits, biscuits and gravy, loup garou burger, loup garou chips, blackened alligator, beignets, King cake, pecan pralines and Doberge cake.

"The recipes are hand-me-down from the chef's family and are oh-so-delicious! Try the shrimp po-boy or the jambalaya — you're in for a treat!," a nominator raved. "The restaurant also has a fun vibe. Check out the authentic New Orleans lighting!"

Community News

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library.townofmanchester.org for more information.

At 2:30 p.m. Saturday, Jan. 22, a wooden sled craft time will take place. All materials are provided for this free craft for adults. Registration is required and limited to 20 people. Call 860-645-0821 to secure your spot.

At 6:30 p.m. Monday, Jan. 24, 'Cutting Loose: Growing Herbs from Cuttings' with Beth MacDonald, Spruce Street Community Garden Coordinator, will take place.

Each participant will receive information on herbs grown for cuttings and how to practice cutting and rooting their own plants in soil and water. This program is limited to 20 participants who must call the Reference Room at 860-645-0821 to secure their spot. This is a free program for adults.

SWFD delivers Santa and elves in happy holiday share

SOUTH WINDSOR — The South Windsor Fire Department delivered Santa and his elves, Roseanne Sapula and Scott Mumley, in a festive decorated sleigh of sorts, with SWFD Mike Giroux at the helm. Friends outside the Community Center awaited their arrival.

Hall Memorial Library hosting 'read to the dogs'

ELLINGTON — Hall Memorial Library, 93 Main St., will host the Bright and Beautiful Therapy Dogs on Saturday, Jan. 22, from 10:30 to 11:30 a.m. This program is open to all readers five to 12 years of age.

These dogs are especially trained to listen quietly as children read a favorite story or the chapter of a favorite book to them. They are very well behaved. Visit www.library.ellington-ct.gov to register online or call the library at 860-870-3160 to have a staff member regis-

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ter you. Remember to bring a story with you, and wear a mask.

Charles Ethan Porter program taking place virtually

VERNON — Jean Luddy of the Rockville Public Library and the Vernon Historical Society will present an introduction to the life, work and struggles of Charles Ethan Porter (1847-1923), a local artist of color.

The virtual program will provide an overview of his life. Examples of his art from his early years after graduating from art school in 1873 will be contrasted with the body of work that he created after studying in France from 1881-84. After falling into obscurity before his death in 1923, his art and life as an artist of color was rediscovered in the 1980s.

This is a Zoom program and registration is required. Visit rockvillepubliclibrary.org/events for more information or to register. The link to the meeting will be sent about a day before the program.

Ellington Farmers Market presents indoor winter white sale

ELLINGTON — The Ellington Farmers Market's indoor winter white sale will take place from 9 to 11 a.m. Saturday, Jan. 22, at Ellington High School, 37 Maple St. More than 30 vendors will be present. Visit <https://www.ellingtonfarmersmarket.com/> for more information.

ACT presents Student Dance Showcase

WILLIMANTIC — EASTCONN's Arts at the Capitol Theater magnet school will present Lovely: Student Dance Showcase 2022 on Friday and Saturday, Jan. 21 and 22, at 7 p.m. on the Capitol Theater's main stage, 896 Main St.

This family-friendly, annual dance performance is open to the public. The evening will feature a variety of original solo, duet and group performances choreographed by student Dance pathway majors at ACT.

In preparing for Lovely, students were inspired by the concept of universal love. Through a range of dance genres — jazz, hip hop, ballet and contemporary — students will portray elements of attraction, insecurity, reluctance, fear, hope and even physical abuse, as they explore different stages of romantic relationships ranging from first love to divorce.

ACT students performing in Lovely include seniors Alanis Mendez (Windham), Aria Martin (Norwich), Ariana Sandi (Coventry), Bianca Pontes (Norwich), Taegan Praytor (Hampton, Student Dance Company

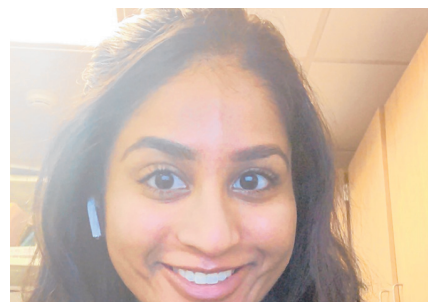
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HAPPY BIRTHDAY

Courant Community will print a current birthday photo FREE in one edition. Submit a current photo and 15-word description including name, age, birthday, town, your name, daytime phone number to community@courant.com or to Courant Community, P.O. Box 569, Hartford, CT 06141. Please submit three weeks in advance to avoid disappointment.



Happy 8th Birthday, Jayden (2/4): "We can't believe you are already eight! We love you forever and always! Mom, Dad, Kaylin."



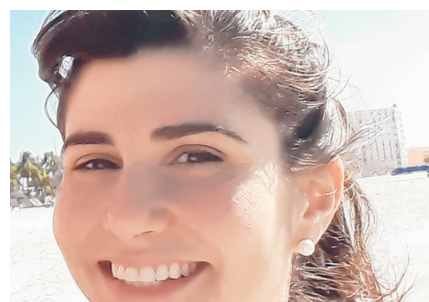
Happy 24th Birthday, Monica (1/20): "You BAKE the world a better place. Love you and have a great day!"



Happy 11th Birthday, Will (1/26): "We love you! Mom, Madeline, and Connor."



Happy 11th Birthday, Connor (1/26): "We love you, Double C! Love, Mom, Madeline, and William."



"Happy 29th Birthday, Cora (1/11): "You are a very special girl and I cherish our time together. Love, Tom."



Happy 11th Birthday, Samar (2/11): "You make us proud everyday. We are blessed to have a child like you. Love, Mom, Dad, Sarah."



Happy 6th Birthday, Atharva (1/28): "Wish you lots of happiness. Keep smiling. Love, Mom and Dad."



Happy 6th Birthday, Anderson and Benjamin (1/20) "To the biggest NASCAR fans we know. Love, Nana and Grandpa."

Glastonbury Board of Education trims budget

By Steve Smith
Courant Community

GLASTONBURY — The Glastonbury Board of Education cut the proposed 2022-23 budget by Superintendent Alan Bookman, at its meeting on Jan. 10.

Bookman's proposal was \$117.9 million - a 3.8% increase - one of the highest in years - over the current year's budget.

The board poured through all of the budget line items, primarily making small cuts, but totaling approximately \$600,000.

Board Chairman Doug Foyle said that the board had canceled the third night of workshops the prior week, because the budget had been discussed and no further comments or questions remained.

Among the cuts was one proposed by board member Julie Thompson - lowering the arts department budget by \$5,000.

"I just thought that if we took some smaller cuts to some smaller line items, that there could have been some savings the last couple of years, such as supplies, that reduce that budget without making larger cuts that might hurt education," Thompson said.

Thompson also proposed a cut of \$100,000 to the elementary education line, citing savings seen due to the pandemic - namely

supplies and materials - that can carry over to the next budget.

Similar cuts were made to many departments, forgoing some supplies, in favor of technological learning. Foyle said that the cuts to supplies will not negatively affect learning.

"At the end of the day, we're going to make sure that our teachers and staff have the materials and resources they need to get the job done," Foyle said.

After it was mentioned by a resident via electronic comments, the topic of e-sports entered the discussion of technology. Bookman called e-sports an "interesting, new phenomenon," that the district would be looking into expanding. Glastonbury High School already has an e-sports club.

"It's kind of like a sports team," Bookman said. "They are using technology to compete against each other in a variety of ways. We will be looking at having something available for those students, maybe in the STEAM lab. It's different than anything we've done. It's not gaming - it's more of a team competition. Don't be surprised if you see a course in that area, in the years to come."

Board members commented on the whole budget, and some said they still wanted to look into some of the details.

"I still have a lot of questions and the details are very important," said board member Jenn Jennings.

"I think we had a really great process this year," said board member Evan Sertan. "I do agree that there are some budget items that we'd like some more details on, before we vote for our final budget. But, we've done a good job at taking a first cut."

Matt Saunig said he supports the budget, but called attention to the student support center, especially after the mental health challenges brought by the pandemic.

"There are serious mental health needs that our kids have," Saunig said. "I'm really proud to support this effort."

Foyle thanked the administration for its work, and said that the budget accomplishes the goals of the district.

"I think the overall budget is going to adequately provide for the education of our Glastonbury students next year," he said. "I think it's also going to go to maintain the excellent education system that the Board of Education has built over a number of decades."

The resulting budget of \$117,237,387 will now go to the Board of Finance and the Town Council.

For more information, visit www.glastonburyus.org.



Hartford Courant

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The Glastonbury Board of Education cut the proposed 2022-23 budget by Superintendent Alan Bookman, at its meeting on Jan. 10. MARK MIRKO/HARTFORD COURANT

East Hartford grinds out a win over E.O. Smith in defensive battle

By Lori Riley
Hartford Courant

STORRS — The East Hartford girls' basketball team had all its players together in a game for the first time, on Jan. 10, against E.O. Smith.

E.O. Smith was missing four varsity players due to COVID-19 protocols, and another was out with an injury.

It made for a low-scoring, somewhat disjointed game that picked up in intensity toward the end.

East Hartford's defense fueled its offense and expanded a three-point lead early in the fourth quarter into a 44-28 victory in the CCC East game at E.O. Smith.

Sophomore Nia Edens led the Hornets (7-1) with 13 points, including three 3-pointers. She had 11 of her team's first 13 points in the first half. Seton Hall-bound senior Shailyn Pinkney, who missed time due to COVID-19 issues, struggled to find her shot early but finished with 10 points, with seven in the second half. Xayla Henry added 11 for East Hartford.

"Ever since COVID, we haven't had everybody all together," Edens said. "It was usually one is missing, or we had to quarantine, but today we had everybody together and we came together and we worked as a team."

Claire Greene had 10 points to lead the Panthers (6-3).

"East Hartford is a very good team," E.O. Smith coach Mary Roickle said. "We knew what we had to do, and we felt good about what these kids did, the hustle and the effort."

E.O. Smith hung around for a long time. The Panthers trailed 13-6 early in the second quarter after Edens hit a 3-pointer but then rallied to cut the lead to 16-13 after Lilli Clark hit a buzzer-beater at halftime.

Greene tied the score with a three and Kate McAvoy followed with another one as the Panthers took the lead, 19-16.

The game see-sawed back and forth throughout the third quarter until East Hartford's Savannah Morgan hit two shots at the end of the quarter and the Hornets took a 26-24 lead into the fourth.

East Hartford then amped up its defensive pressure, and its offense started to flow.

Pinkney opened the fourth with a putback. Henry had six fourth-quarter points. The Hornets suddenly couldn't miss.

"My shot wasn't going in, but I tried to contribute to passing and rebounding and defense," Pinkney said. "We were a little bit slow, but then we picked up the pace."

East Hartford was just happy to grind out another win.

"It's been very weird [this season]," East Hartford coach Jonathan Myette said. "Every day, there's anxiety. You never know who's going to be there, who's not. You just try to capitalize on being present every day in practice and in every game."

Lori Riley can be reached at lriley@courant.com.



E.O. Smith's Madeline Greene and East Hartford's Shailyn Pinkney scramble for a loose ball. JESSICA HILL / SPECIAL TO THE COURANT PHOTOS



East Hartford's Xayla Henry hits a shot between E.O. Smith's Jill Dingler and Olivia Verboven.



East Hartford's Nia Edens goes up for a basket past E.O. Smith's Claire Greene in a 44-28 East Hartford win Monday night.

GOOD NEIGHBOR

Your reader-to-reader column

FREE

UPRIGHT PIANO: Made by Wm. Knabe and Co. Must pick up. 860-659-8915.

CAT CONDO: Three tier cat condo, excellent condition. Must pick up. Can be easily disassembled. 860-298-8809.

LIVING ROOM SOFA: Excellent condition, beige. Must pick up. 860-851-8205.

QUESTIONS

TILES: Seeking 115 ceramic tiles, two inches by two inches. Any color. 860-432-8050.

SEEKING TO RENT: At least 1,500 to 2,000 sq. ft. of cold storage. Rocky at 860-490-3816 or 860-872-6269.

RECORDS: Seeking classical music vinyl albums for record player. 860-680-1299.

DRONE FOUND: Vicinity of Elm St & Courtney Drive, Rocky Hill. Text with description for return. 860-402-2655.

FOUND EYEGLASSES: Eyeglasses found on Carriage Drive, Manchester. 860-646-4242.

CPAP Machine: Senior in need of an inexpensive but working CPAP machine. 860-512-0684.

AUTO MECHANIC: Seeking auto mechanic to repair pickup truck. Am senior citizen, phone with reasonable price. 860-796-6132.

FURNITURE: Seeking a light wooden chest having five drawers in good condition. Call after 5 p.m. 860-665-0141.

LOST BRACELET: Bracelet lost at ALDIs of Rocky Hill by carriages. It was a birthday gift. Call if found. 860-778-8556.

PUZZLE SWAP: Will meet half way if too far to go. Have 20, most new. 860-568-1378.

SEEKING ITEMS FOR GAS ENGINE: Need flywheel and electric starter for 8 H.P. Briggs and Stratton gas engine. 860-633-5329.

SEEKING: Small boat trailer for a 12 boat, will buy. 860-741-2633.

NECKLACE FOUND: On Carillon Drive, Rocky Hill. Call with description for return. 860-965-6672. Messages will be returned.

SNOW SHOVELING HELP: Senior looking for an individual to shovel out parking space and clean off car after snow storms in Collinsville. 860-305-6701.

CAR: Seeking automobile to help out with transportation in 2022. Elderly with low Social Security. 860-515-1488.

LAPTOPS: Collecting used or new laptops from kind donors. These laptops will be donated to school kids in Ghana. Contact Ben, 423-676-8815.

NAUTICAL ROPE: Looking for free 1/2- or 3/4-inch nautical rope for DIY projects. 860-490-8956.

PROPANE: Seeking propane Salamander. Will pay a reasonable price. 860-749-2190.

LAWN MOWING, SNOW REMOVAL: Does anyone know of someone who mows grass and/or plows snow? 860-289-0101 after 5 p.m.

CAR: Seeking a donated good running car for elderly person in Putnam for doctor appointments. Cannot afford one. 508-335-5060. Leave a message.

Be a good neighbor

To submit, send an email to community@courant.com or mail to 285 Broad St., Hartford, CT 06115. Good Neighbor is a service by Courant Community. Questions and answers are provided by our readers and are not verified. Medical information cannot be published. Caution should be exercised at all times. The publisher is not responsible for damage to any person or property.

Community News

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director) and Emma Paterson (Manchester); juniors Alora Kerwin (Tolland), Madison Dufault (Sterling), Sam Mallory (Coventry) and Samantha Perry (Lebanon); and sophomores Alexis Butler (Baltic), Emma Kent (Ashford), Kaylie Nazarko (Norwich), Layla Edminton (Sterling) and Madisyn Raymond (Thompson).

Tickets are \$10 for adults, \$8 for seniors and students, and \$5 for military and ACT students/alumni. To reserve tickets, call the Capitol Theater Box Office at 860-465-5636.

ACT is a public, performing arts magnet high school administered by EASTCONN. ACT is currently recruiting academically motivated students who will enter grades 9-12 in the 2022-23 school year. To learn more about ACT or to download an application, visit www.eastconn.org/act or call 860-465-5636.

CT's tax amnesty program ending Jan. 31

STATEWIDE — The Connecticut Department of Revenue Services' 2021 Tax Amnesty program offering individuals and businesses the opportunity to pay back taxes at a reduced interest rate and no penalties will end Jan. 31.

Launched Nov. 1, 2021, the program offers a 75-percent reduction in interest and waives penalties and the possibility of criminal prosecution to those who have not filed, have under-reported or have existing liabilities related to taxes owed to the State for any tax period ending on or before Dec. 31, 2020.

Taxpayers seeking amnesty can access all program information, including a link to myconneCT, the secure online payment portal, via the Tax Amnesty program website at GetRightCT.com. Tax Amnesty applications must be filed electronically, and payment made in full by January 31, 2022. Once Tax Amnesty ends taxpayers will be liable for the full tax, penalty, and interest on any amount owed.

All taxes administered by the Connecticut DRS, except for Connecticut motor carrier road tax (IFTA), are eligible for Tax Amnesty.

For more information about the program and application requirements, visit GetRightCT.com. Also, stay up to date on this and other programs and services offered by DRS on [Facebook.com/CTDRS](https://www.facebook.com/CTDRS) or [Twitter.com/CTDRS](https://twitter.com/CTDRS).

Auerfarm's Enrichment Camp Program undergoing new structure

ENFIELD — BLOOMFIELD — The new year will bring a new structure to the Auerfarm's Enrichment Camp Program, held at the 4-H Education Center at Auerfarm, 158 Auer Farm Road.

Auerfarm understands that many families have busy schedules with children having other after-school and morning activities, but Auerfarm also feels that time spent outdoors, learning and playing on the farm is a healthy and worthwhile experience during all-seasons. By offering a new format for selecting individual days, children can join for educational exploration on a mutually beneficial afternoon or morning schedule.

The After-School Enrichment Camp is now offered for three individual days a week. Sign up for one day, select two days, or join for all three. On Monday, Wednesday, and Thursday, the after-school Enrichment Camp group meets

from 3:30 to 5:30 p.m. for children in grades K-6 and the session will run for six continuous weeks.

The Sprout Camp is still offered as a two-day program for pre-K children (3 to 5 years old) that meets mornings from 9:30 to 11:30 a.m. on Tuesday and Thursday. Each Sprouts Camp session will also run for six continuous weeks.

The Auerfarm Enrichment Camp Programs (After-school and Morning Sprouts) were implemented by the request of local parents in 2020 to offer a camp-like experience past the annual Summer Day Camp to challenge and engage their young children in an outdoor farm-based setting year-round.

The vast 120-acres of gardens, barns, trails and play forest are used as the primary classroom space for learning STEAM (science, technology, engineering, arts, and mathematics) activities. A farm-based educator works with small groups to create a social-emotional learning experience for preschool and school aged learners.

Visit <https://auerfarm.salsalabs.org/2022winterenrichmentprogram> for more information on dates or to register. Direct any questions to Jonni Marshall at jmarshall@auerfarm.org or call 860-242-7144.

Center hosting Bingo, tax assistance, card-making

ENFIELD — The Enfield Senior Center, 299 Elm St., is hosting the following events. Call 860-763-7425 for more information.

AARP Tax-Aide Program: IRS-trained AARP volunteers will complete Federal and State tax returns at no charge for seniors aged 50 and older. This free service will run on Mondays only from Feb. 7 to April 18. The program is intended for the completion of average tax returns that can be completed in one hour or less. If you have rental property, or if your return is overly complex, it is advisable to use the services of a paid tax professional.

The Enfield Senior Center will begin taking appointments on Thursday, Jan. 20, at 9 a.m. Those interested in booking an appointment can call 860-763-7425 or 860-272-3550 or visit the front desk during normal business hours. Due to expected call volume, please be patient and keep trying until you reach a staff member. Leaving a message will not guarantee you an appointment.

Due to COVID, this year's appointments will not be in-person. Participants will drop off the following documents with the volunteers at the time of their appointment: last year's Federal and State tax returns, all original documents for 2021 taxes, 1099s, town property tax bills for your house and/or auto, social security statements, photo ID, and written social security number. Participants may wait in the Senior Center while their return is being prepared in case the volunteers have questions, or it can be picked up later that day.

Card making will take place on Friday, Jan. 21, from 9:30 to 11:30 a.m. Participants will make Valentines Day cards. Cost is \$4 per resident and \$5 per non-resident.

Vaccination clinics will take place from 9 a.m. to 1 p.m. Jan. 28 and Feb. 18. Bingo will take place on Wednesday, Jan. 26, from 10:45 a.m. to noon. Drop-in and play a few games for small cash prizes. Cost is 50 cents per card. Please bring exact change.

Ask The... The following services are available for a free 15-minute consultation during limited morning hours. Call the Senior Center at 860-763-7425 to schedule an appointment for Ask the Lawyer on Jan. 26 and Ask the Realtor on Feb. 2.

Weather Policy: The Enfield Senior Center will no



Glastonbury's Jack Hennessey goes for the bucket between Farmington defenders Nick Duncan (left) and Jahkai Veal.



Farmington's Jordan Anthony looks for away around the defense. **STEVE SMITH/HARTFORD COURANT**

Farmington basketball outlasts Glastonbury

By Steve Smith
Courant Community

FARMINGTON — The Farmington varsity boys' basketball team had a strong fourth quarter and finished off Glastonbury by a score of 45-33, on Jan. 8.

The teams were in a close battle until late in the game. A buzzer beater 3-point shot from Glastonbury's Khalia Young tied the game at six at the end of the first quarter.

Both teams picked up the pace in the second and third quarters, arriving at a 31-30 lead for Farmington, going into the final frame. That's when River Hawk Nick Duncan contributed nine points to propel Farmington to a 14-3 advantage in the fourth.

Farmington's Jared Young lead the scoring with 19. Duncan's total was 14 for the game.

Glastonbury's Adam Molusis lead the Guardians with nine points. Young and Owen Peterson each had eight.

Farmington improved to 3-2, but lost a 1-point game to Manchester, on Jan. 10. Glastonbury fell to 1-5, but also lost a one-point match to Tolland, on Jan. 11.

For complete schedules, visit www.ciac-sports.com.



Glastonbury's Owen Peterson goes vertical to grab a rebound.



Laureen F. Rubino, M.D.
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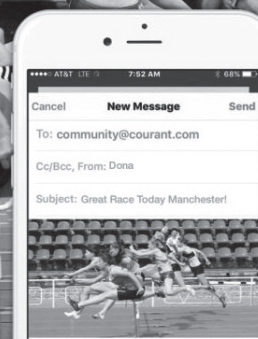
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Farminton's Christian Harris stretches to get a rebound.



Jared Young gets two points for the River Hawks.



Glastonbury's Dan Cantafi flips the ball out to one of his teammates.

Meet Shazam!

Are you a cat whisperer looking for an extraordinary cat? Shazam! is a strikingly handsome 3 year old male is high-energy, always up for interactive play, enjoys chasing and hunting his toys, loves getting his daily zoomies in and is looking for a home with someone that is very cat savvy! He is looking for an adult only home and where he can get lots of playtime to keep him busy and active and he'll be sure to provide lots of entertainment! To learn more, please contact Our Companions at



860.242.9999 Ext. 302
OurCompanions.org
Helpline@OurCompanions.org



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Willy is about 4-1/2 years old. Dumped off the side of the road, he has been living outside with several other cats for 4 years! We have not engagement with him yet, but he appears to be very sweet, given time and patience. He may do better with another outgoing cat in the household as a role model.

He does not deserve to be put back on the streets. He has had a much needed dental and is ready for his forever home. It's time to make 2022 a special year for Willy.

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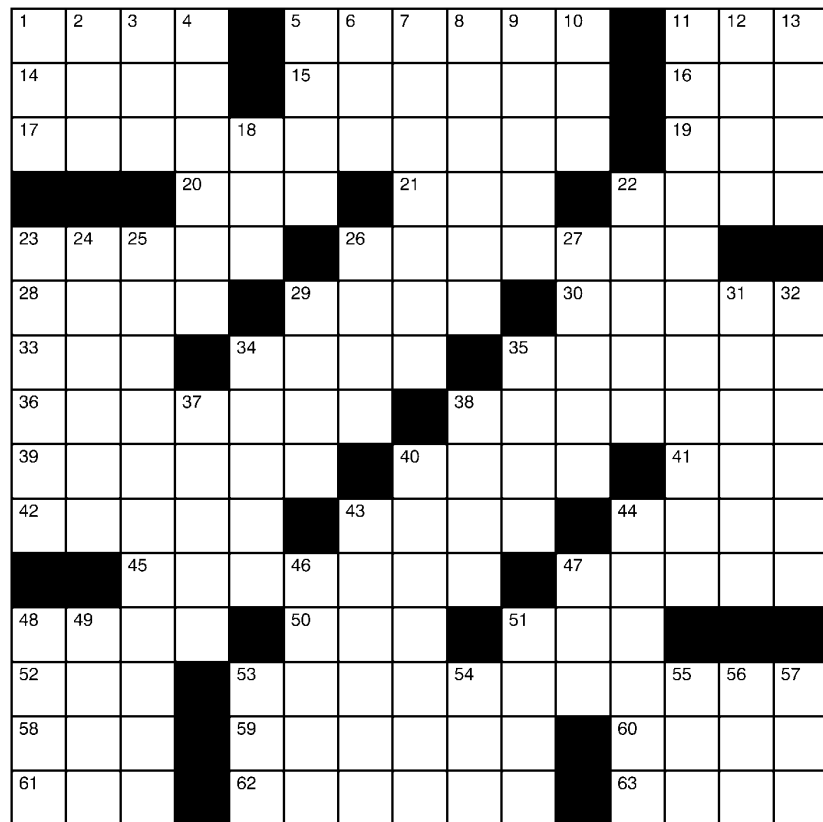
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CREATORS NEWS SERVICE

By Charles Preston

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 46 Kathleen Windsor's heroine
 47 ____ -relief
 48 Placid
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 54 Hermit morsel
 55 ____ *atque vale*
 56 Horsley or Grant
 57 Remnant

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longer follow the Enfield Public Schools inclement weather policy. Visit the center's Facebook page or website regarding cancellations. The center will send out a robocall to all participants that are registered for classes only when individual classes are canceled. Call the center for cancellation information at 860-763-7425.

Enfield Safe Harbor Warming center now open

ENFIELD — The Enfield Safe Harbor Warming Center winter season is open from now through March 31, nightly from 9 p.m. to 7 a.m., seven days a week.

The center is located at St Patrick's Church Hall, 64 Pearl St. The outreach and engagement center for the homeless will continue to operate every Thursday evening from 6:30 to 8 p.m. to offer resources and a few basic needs. For more information, contact Monica Wright at mwright@eshwc@gmail.com or 860-970-9065.

For the safety of guests, staff, and volunteers, ESHWC follows all the safety guidelines and mandates set by the State of CT, and the local Board of Health, for safe operation at all ESHWC. Face masks are mandatory and provided as needed.

CT's tax amnesty program ending Jan. 31

STATEWIDE — The Connecticut Department of Revenue Services' 2021 Tax Amnesty program offering individuals and businesses the opportunity to pay back taxes at a reduced interest rate and no penalties will end Jan. 31.

Launched Nov. 1, 2021, the program offers a 75-percent reduction in interest and waives penalties and the possibility of criminal prosecution to those who have not filed, have under-reported or have existing liabilities related to taxes owed to the State for any tax period ending on or before Dec. 31, 2020.

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All taxes administered by the Connecticut DRS, except for Connecticut motor carrier road tax (IFTA), are eligible for Tax Amnesty.

For more information about the program and application requirements, visit GetRightCT.com. Also, stay up to date on this and other programs and services offered by DRS on Facebook.com/CTDRS or Twitter.

com/CTDRS.

Stafford High School releases honor roll students

VERNON — STAFFORD — Stafford High School released its first quarter 2021-22 honor roll list. To see the names of students who earned recognition, please visit courant.com/community/stafford.

Max Cares Foundation's holiday fundraiser exceeds \$50,000

AREA — Max Cares Foundation, Inc. recently made food donations totaling over \$50,000 to feed thousands of people experiencing homelessness and food insecurity via fifteen shelters and soup kitchens in the Greater Hartford and Springfield, Mass. regions. The foundation's 5th annual Roasts for the Holidays fundraiser received donations in the amount of \$26,000, which was subsequently matched with a gift of \$25K from the Max Cares Foundation.

Over the month of December, diners at Max Restaurant Group locations in Greater Hartford and Springfield were given the option to add a gift to the Roasts for the Holidays fundraiser to their meal check. In addition, donors could make tax-deductible contributions via the non-profit's website, maxcaresfoundation.org. The total funds raised were matched by the foundation for a total food donation of \$51,000, \$11K more than in previous years.

For 2021, Max Cares Foundation also set a goal of expanding the number of beneficiaries to serve more soup kitchens and shelters. This effort was also a success allowing the non-profit to extend food donations to organizations in Hartford, Springfield, New Britain, Bristol, and Enfield.

"With the extraordinary stress that the pandemic has put on our communities, we knew that \$25,000 was a high goal," said Richard Rosenthal, President of the Max Cares Foundation. "Our patrons and supporters have come through once again to ensure that thousands of people in our region could enjoy holiday meals that warm and nourish both body and soul."

Rebecca Connor, Events Coordinator and Development Assistant for Springfield Rescue Mission, said that "Thanks to Max Cares Foundation's donation, we were able to serve about 940 meals this Christmas season. Thank you for your donation and your support."

Roasts for the Holidays provides a "Max-quality" holiday dinner to those experiencing homelessness and food insecurity in the regions where Max Restaurants are located. Non-profits who received donations of food in 2021 include House of Bread in Hartford, Springfield Rescue Mission,

Turn to Community News, Page 11

LOCAL NEWS

Community News

from Page 10

Loaves and Fishes in Hartford, Open Hearth in Hartford, Open Pantry Community Services/Loaves and Fishes Kitchen in Springfield, YWCA of Hartford, Mercy House and Shelter — St. Elizabeth House/Friendship Center, Interval House in Hartford, Hands on Hartford, CSO/Friends of the Homeless in Springfield, Community Renewal Team's McKinney Shelter Hartford and East Hartford locations, Salvation Army of Bristol, The Friendship Center in New Britain, Loaves and Fishes in Enfield and Lorraine's Soup Kitchen and Pantry in Chicopee, Mass.

Donors' gift brings veterans' OASIS to life at Goodwin

EAST HARTFORD — With an average student population age of 30, varying slightly by semester, Goodwin University has long demonstrated its commitment to serving non-traditional learners who may have postponed a college degree to fulfill family commitments, pursued career choices that ultimately proved unfulfilling, or followed other paths of personal growth and expression before facing the rigors of academics. Unique among these “undiscovered learners,” as Goodwin president Mark Scheinberg refers to them, are student veterans.

While earning their degrees or certifications, student veterans walk a fine line unlike anything experienced by their younger classmates. On one hand, they may want to sample a traditional higher ed experience, complete with social interactions, clubs and activities, perhaps even athletics. On the other, these women and men have life experiences to their credit that their fellow students can only imagine, from the structures of military life to life-and-death situations that left them changed forever. How to find a place to fit in on a college campus where your needs may not be recognized, let alone understood and respected? It is common for veterans not to self-identify or even know who the other veterans are on campus.

Meet the OASIS (Operation Academic Support for Incoming Service) concept, a campus center where student veterans can study, relax, and socialize with fellow service members, both former and active. Originally conceived by a group of women's clubs that funded and created these spaces, the centers have taken hold at colleges and universities throughout the state.

It has been a long-desired goal to establish a Veterans OASIS at Goodwin. The University has been recognized in the past for its service to veterans, most recently earning Gold Level status as a Military Friendly School and a Military Friendly Spouse School for 2021-2022.

“Prior to my arrival in 2017, a Veterans OASIS had already been identified as a critical need by the Goodwin student veteran

community,” said Veterans Coordinator Craig Jordan. “In preparation for when the time was right, I have worked with our student veterans on possible room layouts, amenities, computer needs, signage, and military displays.”

Still funding for creating the actual space remained elusive. Now, thanks to a generous leadership gift from Ellen and Ethan Foxman, the Veterans OASIS at Goodwin University has become a reality. On Thursday, Nov. 10, the University cut the ribbon to officially open the facility. The guests, comprising students, faculty, staff, trustees, and several military representatives, celebrated the University's latest milestone and acknowledged the generosity that made it all possible.

The Foxmans see their gift as actually having a dual purpose. “Over time, I've seen the need for a Veterans OASIS become more and more critical,” said Dr. Foxman, a longtime trustee of the University and president of the Goodwin Foundation board. “Ellen and I are honored to play a part in moving it off of the drawing board and making it a real space that serves our veteran community.”

And while not formally bearing the names of the Foxmans' fathers, the Veterans OASIS honors the memories of David Foxman and Robert Flescher, who both served in the military. “Knowing that our families' legacies of service will stand as a permanent part of Goodwin University makes this even more meaningful,” Dr. Foxman said.

The new center is located on Riverside Drive in East Hartford, directly across from the Student Affairs suite in the University's main academic building. “Our student veterans and our general student body have needs that both overlap and diverge,” said Vice President for Student Affairs, Tyrone Black. “Locating the Veterans OASIS next to, but separate from, Student Affairs speaks to the holistic way we are trying to support our veterans. They can use that space as befits their status as veterans, but then come right across the hall for more general support services.”

Veterans agree that the new addition to Goodwin's resources will help address their need for an academic space as well as for a place of community. “I am thankful for the Veteran OASIS,” said current ABSN student Sam Ferrucci. “It's a home for student veterans to network and support each other. It's also a place for us to reflect on where we have been and where we are heading.”

“Sometimes you come across a project that is simply an honor to work on,” said Hannah Granfield, Director of Foundation Relations at Goodwin. “Thanks to the Foxmans, so many of us at the University have now had that experience. Their gift has enabled us to create something that is greater than our individual roles, and that will serve an important part of our community for years to come. This really is the day a dream came true for us.”

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A Lexus for everywhere

By William Heald
Special to Courant Community

Whenever we talk about the family of Lexus automobiles, it's always important to remember that the brand is part of the Toyota family.

In a way, you can look at the vehicles as what a Toyota can ultimately be when the engineers and designers have a larger budget to play with, supported by upscale dealers to sell and service them. So in many ways Lexus is its own entity, but still part of the larger concern and one thing the marketing folks have had to do is make sure the buying public realizes these aren't just gussied up Toyotas.

Today we have a perfect example of the level of alteration that goes on when a platform is shared between the two marques, in this case the Lexus GX460. This luxurious-yet-rugged truck-based SUV has roots (and a basic chassis) derived from the Toyota 4Runner, although they are actually very different vehicles in execution. That said, given the excellent reputation the 4Runner has for on-and-off road quality and reliability, this is a great foundation for the Lexus counterpart.

The bottom line here is the GX is a refined, comfortable SUV that has surprisingly solid off-road credentials, and a powerful drivetrain that is unique to this impressive vehicle.

The GX460 is built on a ladder-style frame with a 109.8-inch wheelbase (same as the 4Runner), with a independent front suspension and live-axle multi-link rear axle. The sole engine is a very charismatic 4.6-liter 32-valve V8 with 301 horsepower,

matched to a 6-speed automatic transmission and full-time 4WD. This drive system includes 4Hi and 4Low settings, and a central differential lock.

This is a true luxury powertrain in that the small V8 is smooth and strong, and works well on the highway or on the trail and has sport, normal and comfort modes. The suspension features auto-adjustable rear air springs as well as auto-adaptive suspension damping. On the road the GX rides and handles well with a solid, predictable feel, and has excellent compliance over rough going. As equipped, our test Luxury model had a maximum tow rating of 6,500 lbs.

Inside, there's three-row seating and a variety of optional extras that included the Sport Design Package, featuring tilt/slide second row captain's chairs and a variety of exterior enhancements. The excellent supportive seating is clad in Semi-Aniline leather upholstery, which is heated and ventilated in the front row and heated in the second. The third row is a bit tight to access but can accommodate two adults fine for short trips.

Unlike most SUVs (including the 4Runner), there's no rear liftgate but a conventional side-pivoting door instead. It can be locked in an open position even on hills, allowing for easy access to the cargo area. The Lexus Safety System + is standard kit; featuring dynamic radar cruise control, a pre-collision system, lane departure alert and intelligent high beam headlamps.

The 2022 Lexus GX460 Luxury is EPA rated 15 MPG city/19 highway and has a base price of \$64,935. With options, the MSRP came to \$70,870. www.lexus.com



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Denise, adopted 17-year-old Amina





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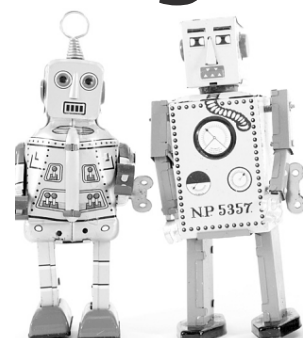
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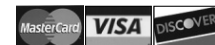
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White-Breasted Nuthatches

By Dawn Pettinelli, UConn Home & Garden Education Center



A favorite activity of many during the long, cold winter season is feeding the birds. Feeders stocked with seed and suet attract a variety of overwintering bird species including chickadees, tufted titmice, juncos, woodpeckers and my favorite, white breasted nuthatches. These common residents of North American deciduous forests have the most curious habit of walking down a tree trunk headfirst. They have a distinctive yammering sound and once you hear it, you'll know they are near. Check it out at: https://www.allaboutbirds.org/guide/White-breasted_Nuthatch/sounds

White-breasted nuthatches have a distinctive appearance as well. These 5-inch long birds sport blue-grey feathers on their backs, black on their crowns and the back of their necks, a snowy white breast and undersides with a rusty patch on their lower bellies. Males and females are colored similarly but the females are duller.

Insects are a main part of the nuthatch's diet. As they clamber up and down a tree's trunk and main branches, they are searching cracks and crevices for tasty meals. Insects known to serve as food include weevils, borers, beetles, ants, caterpillars, and scale. Nuthatches also feed on a variety of nuts and seeds. The larger ones, such as acorns, are jammed into a crevice allowing the bird to crack it open. It is believed that the name, nuthatch, was derived from this behavior. Typically, a nuthatch feeds on insects during the growing season and mostly seed during the winter.

Sunflower seeds and suet work well to attract these birds especially during the winter when insects are scarce. Much like squirrels, white breasted nuthatches are known to cache their food when more is available to them, as is the case with bird feeders. Extra seeds are stored in bark crevices and often covered with another piece of bark, moss, lichen or whatever is available. Trees with furrowed bark are sought out for this purpose.

White-breasted nuthatches typically live in pairs year-round and are territorial. A pair's territory may run up to 3 dozen acres in wooded areas and up to 50 acres in more open locations. In the wintertime, however, they may travel from their territory to visit bird feeders, often foraging in mixed species flocks with chickadees and titmice.

Their preferred nesting site is in a tree cavity or old woodpecker hole. It is not clear if the male or female selects the site but the pair will continue to nest there in future years. Occasionally nest boxes are used. The female builds the nest by first lining the nest cavity with clods of soil, bark and fur. Then she constructs a nest cup of feathers, fine bark, fine grass and other soft materials.

Between 5 and 9 three quarter inch, creamy white speckled eggs are laid. The eggs hatch after 12 to 14 days. Only the female incubates the eggs. The male nuthatch will bring food to the sitting female. When the young hatch, both parents will feed them. They are ready to leave the nest in about 26 days and will stay with the parents for a few weeks and then find territories and mates of their own.

Keep an eye out for these agile little birds. Watch them as they wind their way along tree trunks and branches climbing up, down and around as they search for insects or places to cache their seeds. Keep your bird feeders stocked up and enjoy your feathered visitors during these cold January days as we wait for spring.

For gardening questions, feel free to contact us, toll-free, at the UConn Home & Garden Education Center at (877) 486-6271, visit our website at www.ladybug.uconn.edu or contact your local Cooperative Extension center.

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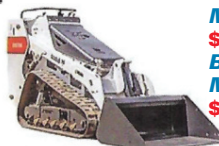
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